



AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

Vol. 2 No. 5

FEBRUARY 8, 2013

Knowledge, experience, leadership set NCOs apart

NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

Marquee Construction Beginning
New marquees are set to be installed throughout the joint base beginning Feb. 11, 2013.

The project will bring exit lane road closures and delays on specific dates to all the main gates throughout the months of February, March and April.

Construction begins at the Browns Mills Gate Feb. 11 followed by the Wrightstown Gate Feb. 12, the Pemberton Gate Feb. 14 and the Route 68 Main Gate Feb. 18. The exit lane for each gate will be closed from 9 a.m. to 3 p.m. and last two days per gate, with the exception of Lakehurst. Lakehurst Gate construction will start Feb. 25 and result in delays, but the exit lane will not be closed.

A detailed listing of road closure times and dates is located on the Construction Corner of the Air, Land and Sea Times or on the Community Notes page of the joint base website at lusa.gov/WOOC00g.

New 87th Medical Group Urgent Care Guidance

The 87th Medical Group has implemented new guidance with the closure of the Lourdes Medical Associates After-Hours Family Practice Clinic last year.

To schedule an appointment or to reach the after-hours on-call provider (option 3), call the 87th MDG appointment line at (866) 377-2778. The on-call provider can authorize after-hours urgent care in addition to providing advice and follow-up care in the 87th MDG. Call (877) TRICARE if you are unable to reach the 87th MDG on-call provider. TRICARE can also authorize urgent care.

One-on-One Financial Counseling
To schedule a one-on-one financial counseling appointment call the Military and Family Support Center on Dix/McGuire at 754-3154 or MFSC-Lakehurst at (732) 323-1248.

75-day leave carryover extended
Airmen with more than 60 days of leave at the beginning of next fiscal year may be able to carry it into the next fiscal year thanks to a provision in the FY 2013 National Defense Authorization Act. The provision extends the maximum leave carryover of 75 days through Sept. 30, 2015.

Dial '562' For Service
Starting today, phone users will be able to dial '562' when placing phone calls to other phone users on Dix. Phone users will no longer be able to reach other Dix-area users by dialing 2-###. This change is being implemented to standardize and improve caller information sent to emergency 911 databases. Call 754-5454 for more information.

Claims against the estate of Sgt. Maj. Darron D. Beatty
All persons having claims against Sgt. Maj. Darron D. Beatty, need to present such claims to Maj. Walter Laskowski, the Summary Court Officer, at 562-0697. An example of a claim would be any debt, obligation, or other money owed to the claimant by Sgt. Maj. Beatty.

MOSC scholarships
The McGuire Officers' Spouses' Club scholarship committee is accepting applications from military dependents. Scholarships are awarded based on academic achievement, leadership, character, and community and school activities. Applications are available at www.mcguireofficersspousesclub.org or e-mail at mcguireofficersspousesclub@gmail.com to request a paper application.

American Red Cross seeks volunteers
The American Red Cross is seeking volunteers to support on-base initiatives that benefit service members. Contact Gale Lynch at 562-2258 to volunteer or for more information.

Resume Writing Class
The Military and Family Support Center is set to host a federal resume writing class from 11 a.m. to noon today, at 488-2 Walsh Drive. The class is meant to give a clear understanding of the federal application process. Pre-registration is required. Call (732) 323-1248 for more information.

Anger Management class
The Health and Wellness Center is set to host an Anger Management class from 1 to 4 p.m. Feb. 8, 15 and 22, 2013. The class will focus on identifying the warning signs of anger, expressing anger appropriately and keep anger from taking over. Interested members can join the series at any time. Call 754-9680 for more information.

Preseason Motorcycle Briefs
The Joint Base Safety Office will be hosting several preseason motorcycle briefings in February and March 2013. Times and dates for the one-hour briefings are: 10 a.m. and 2 p.m. Feb. 12 and 13, Mar. 6 and 7, and 9 a.m. Mar. 9, 2013 at the Timmermann Center located at 5441 Pennsylvania Ave. The preseason briefings are open to all Joint Base McGuire-Dix-Lakehurst motorcycle riders. Riders will receive information on the upcoming 2013 course schedule, motorcycle safety and review of JB MDL motorcycle policy. This brief satisfies the annual and preseason motorcycle riders' briefing requirement for Air Force riders. Call 562-3082 or (732) 323-2525 for more information.

See more NEWSNOTES on Page 8

By Sgt. Courtney Ann Selig
First Army Division East Public Affairs

Seven First Army Division East noncommissioned officers competed at the Sergeant Audie Murphy Club board Jan. 25, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. here Jan. 25, in hopes of proving themselves to be among the top NCOs within the United States Army.

"Becoming a Sergeant Audie Murphy Club member is a clear demonstration to your subordinates that you're one of the best NCOs in the Army," said Command Sgt. Maj. Dennis E. Defrees, First Army Division East's senior enlisted advisor. "By doing this and showing them how you've pushed yourself, you're giving them something to aspire to. These noncommissioned officers are a tangible representation of the top one-percent within our NCO corps."

The Sergeant Audie Murphy Club, a U.S. Army organization for enlisted NCOs, recognizes Soldiers whose leadership achievements and performance merit special attention. Members must exemplify leadership characterized by personal concern for the needs, training, development, and welfare of Soldiers, and concern for families of Soldiers.

"Induction into the SAMC is an outward symbol of what we, as NCOs, should strive to be,"



Candidates are briefed from command Sgt. Maj. Dennis E. Defrees, First Army Division East Command Sergeant Major, before they board for the Sergeant Audie Murphy Club board Jan. 25, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The Sergeant Audie Murphy Club, a U.S. Army organization for enlisted NCOs, recognizes Soldiers whose leadership achievements and performance merit special attention. (U.S. Army photo by Sgt. Courtney A. Selig/Released)

Said Sgt. 1st Class Erica Lehmkuhl, First Army Division East, and one of the SAMC board members. "We look for the NCOs in the unit who have a special edge. The NCO who may not know the answer to your question but knows where to find it and will do anything to ensure Soldiers, whether subordinate, peer, or senior, are taken

care of."

Wearing the Audie Murphy medallion, Lehmkuhl added, tells those around you that you're the NCO who will go above and beyond, and you truly demonstrate the SAMC motto—"lead from the front."

Prior to the board, the Soldiers received pep-talks from multiple senior noncommissioned officers NCOs. They encouraged the competing Soldiers to be confident and to rely on their experience.

Sgt. 1st Class Emanuel Huff was the first candidate to step before the gauntlet of board members.

"I am extremely anxious thinking about the results," said Huff, a trainer mentor with 2-309th Training Support Regiment, 174th Infantry Regiment trainer mentor and Landover, M.D., native, upon completing the board. "You can do a lot of studying, but when it comes down to it, it's your experience that matters."

Huff added the hardest part for him during

See NCO, Page 8

AFAF aids joint base community

By Airman Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

Joint base key leaders and community members gathered to kick off this year's Air Force Assistance Fund Feb. 4, 2013, at Tommy B's Community Activities Center here.

The AFAF is the Air Force's charitable organization that raises money from Airmen for four charities to aid Air Force families.

Col. Rick Williamson, 305th Air Mobility Wing commander, described background information about the AFAF and its intent within the Air Force.

The money donated through the AFAF goes directly back to JB MDL Airmen, said Williamson. Airmen should spread the word regarding donations to the AFAF. The AFAF helped the many people Hurricane Sandy affected and can relieve local individuals and families.

AFAF raises funds for the following charities:

—The Air Force Aid Society has provided worldwide emergency financial assistance to Airmen and their families for the past 67 years.

—The Air Force Enlisted Village provides widows of retired enlisted Airmen a place to live. The village has been home to more than 1,500 surviving spouses since 1975 and currently provides housing to 450 people.

—The Air Force Village is a similar retirement home exclusive for widows of Air Force officers. Their mission is to honor widows for the sacrifices they made while serving side by side with their spouses.

—The LeMay Foundation helps widows of all Air Force retirees, both officers and enlisted, through financial grants of assistance.

Each charity offers help to members of the Air Force family in unique and specific ways.

Master Sgt. Sean Flower, 305th AMW plans program NCO in-charge,

See AFAF, Page 9



Master Sgt. Sean Flower, 305th AMW plans program NCO in-charge, talks about the Air Force Assistance Fund helped him and his family Feb. 4, 2013, at Tommy B's community center, during the annual AFAF kick-off event. The AFAF was established to provide for an annual effort to raise funds for the charitable affiliates that provide support to the Air Force family (active duty, retirees, reservists, guard and their dependents, including surviving spouses) in need. These organizations are the Air Force Villages, Inc., the Air Force Aid Society, Inc., the General and Mrs. Curtis E. LeMay Foundation, and the Air Force Enlisted Village, Inc. The organizations help Air Force people with aid in an emergency, with educational needs, or to have a secure retirement home for widows or widowers of Air Force members in need of financial assistance. (U.S. Air Force photo by Wayne Russell/Released)

Shifting tactics: 87th SFS members gain time, remain vigilant

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst Public Affairs

An Air Force mandated initiative will reduce all 87th Security Forces Squadron personnel from 12-hour shifts to eight-hour shifts beginning Feb. 24, 2013.

The initiative will require changes at the following three gates:

—The Wrightstown Gate will operate from 5 a.m. to 9 p.m. daily.

—The Pemberton Gate will operate from 7 to 9 a.m., and 2 to 4 p.m., Monday through Friday. Primary use of this gate is to facilitate school bus and parent drop off/pick-up.

—The Pinehurst Gate will close to routine traffic.

The shift change is designed to increase comprehensive fitness of our service members and civilian personnel, provide savings of \$1.1 million in overtime costs and improve situational awareness, safety and security.

"A normal 12-hour shift usually extends to 14 hours with pre- and post-shift briefs, cutting down on the members' free time," said Lt. Col. Jeremy Novak, 87th SFS commander. "By shortening their shift, we're also enabling the members to retain peak situational awareness throughout the entirety of their shift."

The changes also increase security and reduce



Staff Sgt. Justin Foreman, 87th Security Forces Squadron military working dog handler, patrols Jan. 26, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J., with Bagira, his military working dog. The joint base Security Forces members work 24/7 to ensure the safety of the joint base's 42,000 acres. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

because I'm a night shift worker," said Staff Sgt. Gonzalo Millan, 87th SFS desk sergeant. "With an eight-hour schedule I'll be able to rest and spend time with my family back in New York. I also plan to attend more schooling to finish my Community College of the Air Force degree and the unit."

"It's hard for me to get on a normal schedule

See CHANGE, Page 9

VR-64 maintains Condor mission

The constant upkeep of the C-130s allows VR-64 to maintain its around-the-clock naval air mobility mission.



3

Plans for Valentine's day?

Army Staff Sgt. Nathan Novelly, 2nd Battalion 313th Logistics Support Regiment senior mechanic from Pittsburgh, Pa., is asked what he plans to do on Valentine's Day.



4

Air Advisors get schooled

Students with the Air Advisor Academy here took part in a field training exercise Feb. 1, 2013, here.



8

The Weekend Weather

Today High 42/Low 27 Rain	
Saturday High 34/Low 14 Snow	
Sunday High 41/Low 28 Sunny	

People make the wing

By Col. Anthony Esposito
514th Maintenance Group commander

Just how great a place is the 514th Air Mobility Wing? Well, to really know, try leaving for a while.

That's just what I did back in 2007. It was a happy departure. I had just been promoted to colonel and had secured a position on the numbered Air Force staff -- an absolute dream come true for any officer. The work was interesting, demanding and rewarding, yet performing my reserve duty just wasn't what it used to be.

What was missing? Was it working the flight line in 12-degree weather, the drive down the Jersey Turnpike, the two drill weekends a month or maybe the dining facility?

No, I don't think it was any of that. What was missing was the one thing that truly makes the 514th AMW unique, the people.

It's the people who leave on a Sunday night after a drill weekend who won't see one another until the next month. Yet, within the first few minutes of the next drill, it's like they've been

together every day.

It's the people we share the birth of our children with and the people who help us get through the death of a parent or a fellow squadron member.

It's the people we get into heated debates with over who will win the next Eagles-Giants football game.

It's the people who love our nation so much they're willing to leave their families and travel to places we sometimes never heard of to defend it.

Since coming home to Joint Base McGuire-Dix-Lakehurst, I've had the privilege to serve on the Degrading Airman's Commissioning Board, which allows the top enlisted Airmen to interview for officer positions. Serving on the board provided an awesome opportunity to look closely at the future leaders of this wing. Wow, was I impressed. The talent and enthusiasm of these young Airmen gave me great confidence that the future is even brighter than the past.

What impressed me more than anything was

not any one candidate, but the overall level of excellence the group had as a whole. Several of the Airmen were first or second generation Americans, representing an amazing cultural diversity, all possessing the same drive and ambition that have brought people to our shores since our nation's founding.

The 514th AMW is a wing with pilots who own no aircraft and with mechanics who own no wrenches, yet we fly the most flight hours and re-enlist more Airmen than anyone else in Air Force Reserve Command. These results are possible due to the commitment of our people and the value of the relationships developed through years of hard work and great memories.

Our commitment to each other and our nation drives us to success. We were wingmen way before the term ever became fashionable and we'll continue to be just that.

Ask someone who's left the wing what they miss the most, and I'm pretty sure you'll get an answer that echoes my sentiments -- it's the people.

African-American History Month focuses on achievements

By Terri Moon Cronk
American Forces Press Service

African-Americans have made and continue to make major contributions to the nation's defense, the director of the Defense Department's office of diversity management and equal opportunity said in a recent interview.

As National African-American History Month commences today, this year's theme -- "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" -- is important for two reasons, Clarence A. Johnson told the Pentagon Channel and American Forces Press Service.

"The Emancipation Proclamation is 150 years old, and the March on Washington is 50 years old," he said. "The Emancipation Proclamation freed the slaves, but it also enhanced America's freedom."

Because 1963's March on Washington precipitated the Civil Rights Act, DOD components worldwide will celebrate with those events in mind because of their contributions to diversity and freedom, Johnson said.

National African-American History Month gives people an opportunity to recognize African-Americans who have contributed to the nation's defense, and that recognition is important, he said.

"It gives us the time to appreciate the strides we've made," he added. "I think we pride ourselves in ... [making] sure all our individuals are treated with equality, dignity and respect."

As the military services observe National African-American History Month, Johnson said, there are two things to keep in mind: service and commitment. Greatness is achieved by serving others, he said, while commitment to diversity is critical to the nation and to DOD. African-Americans have long since left their mark on defending the nation since the Revolutionary War, he added.

In the American Revolution, Johnson said, 51 African-Americans served, and in the Civil War, 180,000 served. Some 35,000 African-Americans died in the Civil War, he added.

"African-Americans continue to serve and distinguish themselves in war and peacetime," said Johnson, adding that 90 African-Americans have received the Medal of Honor. And African-Americans continue to be well represented in DOD, he added.



(U.S. Air Force graphic by Patrick Harris/Released)

"Almost 18 percent of our enlisted corps is African-American," he said. "More than 9 percent of officers are African-American. In our civilian workforce, African-Americans (make up) about 15 percent."

Since President Harry S. Truman signed an executive order in 1948 to desegregate the services, DOD has made significant achievements, Johnson said.

"We have led the nation in maintaining and achieving an integrated workforce," he said. "We've made great strides in making sure we select folks with the highest potential (and) talent to serve, and we continue to find that programs and policies DOD put in place helped us maintain our equal opportunity program to make sure that (people) achieve their maximum (capabilities)."

Defense Secretary Leon E. Panetta has said that diversity is a force of the military's strength and a key to maintaining readiness, Johnson said.

"So as we celebrate and commemorate diversity," he added, "we are celebrating the contributions of all men and women who have contributed to the DOD mission."

Service members celebrate the Super Bowl pre-deployment



Above: Capt. Capri Baptiste, left, and 1st Lt. Ryane Ulrich, right, both participating in mobilization training at Joint Base McGuire-Dix-Lakehurst, cheer during the Super Bowl viewing Feb. 3, 2013, at Pudgy's Sports Bar on JB MDL, N.J. The Airmen are both attending Combat Skills Training at JB MDL before they deploy to Afghanistan Feb. 7. Baptiste is stationed at Shaw Air Force Base, S.C. Ulrich is stationed at Offutt Air Force Base, Neb. (U.S. Air Force photo by 2nd Lt. Alexis McGee/Released)

Right: Mobilizing and demobilizing service members watch the Super Bowl Feb. 4, 2013, at Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. The service members who attended were also treated to free dinners. The event is targeted toward mobilizing and demobilizing service members to boost morale and ensure comprehensive service member fitness as they return from or head out on their deployments. (U.S. Air Force photo by 2nd Lt. Alexis McGee/Released)



COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



AIR, LAND
& SEA TIMES

Vol. 4 No. 5

The Air, Land and Sea Times is published by the Burlington County Times, a private firm in no way connected with Joint Base McGuire-Dix-Lakehurst, N.J., or the United States Military. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Air, Land and Sea Times are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the U.S. Military.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Military, or the publisher of the products or services offered.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the JB MDL Public Affairs Office. All photographs are U.S. Military photographs unless otherwise indicated.

EDITORIAL STAFF

Commander, JB MDL and 87th ABW
Col. John Wood
Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. David Murphy
Editor
Airman 1st Class Ryan Thorneberry
Writers
Mr. Pascual Flores
Airman Sean Crowe

NEWS ONLINE

Joint Base
McGuire-Dix-Lakehurst
Most articles and
announcements published in
the Air, Land & Sea Times
are available online at
the JB MDL public Web site.

For up-to-date joint base
news & info visit:
www.jointbasemd.af.mil



621st CRW among first on ground, supporting French operations in Africa

By Capt. Brooke Brzozowski
621st Contingency Response Wing Public Affairs

More than a hundred Airmen of the 621st Contingency Response Wing, located here, and at Travis Air Force Base, Calif., are currently supporting airlift missions transporting French soldiers and military equipment from Istres, France, to Bamako, Mali.

The 621st CRW, often the first on the ground, is designated to extend Air Mobility Command's ability to deploy people and equipment around the globe in a matter of hours. The wing is responsible for the training of contingency response forces and specializes in the rapid opening of airfields in remote locations.

"Our mobility Airmen were 'bags packed' and ready on the flightline within a few short hours of notification from AMC," said Col. Martin Chapin, 621st CRW commander. "We continue to work in conjunction with U.S. Africa Command, U.S. Transportation Command and AMC, making sure we quickly provide the right support to our French partners. Our Airmen have directly contributed,



Lt. Col. Shawn Underwood, 818th Global Mobility Squadron commander, speaks to the press about the U.S. mission in Istres, France, Jan. 24, 2013. The United States has agreed to help France airlift troops and equipment into Mali. (U.S. Air Force photo by Staff Sgt. Nathaniel Callon/Released)

aiding with the airlift of military personnel, supplies and equipment to locations designated by the French."

Members of the CRW attribute their recent and successful rapid response to expert logistics support, diligent planning and their committed joint base partners.

"While we are a mobile capability, we don't have our own aircraft, so we work hand in hand with the 87th Air Base Wing and 305th Air Mobility Wing to facilitate the deployment process," said Capt. Matt Shaw, 621st Wing Operations Center chief. "Everything we do in this wing is logistics heavy. When we were requested to support, our expertly planned response was accomplished in large part because of our fine logistics planners."

The wing also specializes in airfield assessments and aerial transportation, making them invaluable to the operations.

Maj. David Gaulin, a 621st Contingency Response Element commander, was among the first on the ground to assess the airfield and define the requirements needed to operate out of Istres.

"We were able to show up here, set up

communications with the (chain of command) and provided an initial assessment of what capabilities the French had and what we could bring to the operation within an hour of landing," Gaulin said.

The strategic airlift of supplies and personnel to the region is one of several mission sets the U.S. is supporting. The 621st CRW is also assisting with coordinated airlift for African nations and liaison teams.

"Our aerial porters, transportation experts, civil engineers, and air mobility planners are crucial in accelerating the U.S. Air Force's response," Shaw explained. "It's our people who are out there right now, moving passengers and equipment."

The 621st CRW remains on alert to provide any further requested support, and their Airmen continue to support airlift missions in Europe and Africa.

"I couldn't be more proud of our Airmen," Chapin said. "We've repeatedly asked them to keep their bags packed, ready to go at any time. When we get the call, they answer it without hesitation and are ready to solve problems in complex environments."

305th APS Airman earns Bronze Star, foreign awards

By Pascual Flores
Joint Base McGuire-Dix-Lakehurst Public Affairs

Col. Richard Williamson, 305th Air Mobility Wing commander, presented the Bronze Star Medal and two foreign awards to a "Port Dawg" during a recent commander's call.

The Bronze Star Medal recipient, Staff Sgt. Mark Kositsky, 305th Aerial Port Squadron air transportation specialist, also received the bronze level German Armed Forces Proficiency Badge and the Romanian Defense Intelligence Emblem of Honor Medal, for his actions while deployed to Afghanistan from April 25 to Nov. 4, 2012.

"It felt great to receive the award in front of my peers and the wing commander," said Kositsky. "I was truly humbled and honored."

Kositsky deployed for seven months as the Movement and Air Liaison NCO in-charge of Combined Special Operations Task Force-Ten during combat operations supporting International Security

Assistance Force.

Williamson praised the support from the squadron and Kositsky for his achievements.

"I'd like to thank all of you for supporting Mark," said Williamson. "It's an incredible honor to be awarded these medals. Not just the Bronze Star from our own services, but also from our colleagues and brothers-in-arms, the German and Romanian Armed Forces."

Kositsky led the Kabul International Airport Movement Team processing 55,000 short tons of inbound cargo and 133,000 short tons of outbound cargo in support of the Assistance Force during his deployment. He was responsible for ground and air operations which maintained supply lines to 10 locations, six detachments and five partner nation units.

Whether it was ammunition and cargo, or personnel conducting battlefield circulations throughout 10 provinces in Afghanistan, Kositsky used knowledge gained as an aerial porter to help coordinate all ground and air movements for the task force.

"Most of the stuff I took out there, I learned here," said Kositsky.

"It was a great experience to be working not only jointly with the U.S. Army and Navy, but also combined with our NATO partners," said Kositsky.

The Bronze Star Medal is a decoration authorized by Executive Order No. 9419 Feb. 4, 1944, and is awarded to a person in any branch of the military service who, while serving in any capacity with the Armed Forces of the United States, has distinguished themselves by heroic or meritorious achievement or service, in connection with military operations against an armed enemy. The medal is the fourth-highest combat decoration and the ninth-highest U.S. military award in order of precedence (combat and non-combat).

"The 305th APS is very proud of Staff Sgt. Kositsky's accomplishments while deployed," said Maj. Edward Hogan, 305th APS commander. "He represents not only the 'Port Dawg' community of professionals well, but his recognized work ethic is typical of our 'Can Do' creed here in the 305th AMW."

JB MDL congratulates 87th ABW award winners

The Joint Base McGuire-Dix-Lakehurst community would like to congratulate the following service members who received awards during the 87th Air Base Wing Annual Awards Banquet:

Airman of the Year: Senior Airman Paul Orosz-87th Mission Support Group
Noncommissioned Officer of the Year: Tech. Sgt. Patrick Kelleher-87th Mission Support Group
Senior Noncommissioned Officer of the Year: Master Sgt. Carla Myers-87th Mission Support Group
First Sergeant of the Year: Master Sgt. Kristopher Green-87th Mission Support Group
Company Grade Officer of the Year: 2nd Lt. Brandt Higley-87th Medical Group
Civilian of the Year Category I: Thomas Wiczenak-87th Mission Support Group
Civilian of the Year Category II: Patrick McWain-87th Mission Support Group
Civilian of the Year Category III: William Garmon-87th Mission Support Group

Junior Sailor of the Year: Petty Officer 1st Class Thomas Elmerkrantz-87th Mission Support Group
Senior Sailor of the Year: Petty Officer 1st Class Paul Mendoza-87th Mission Support Group
Visit <http://bit.ly/11MRCqto> to view photos from the awards ceremony.

JB MDL congratulates USAF EC award winners

The Joint Base McGuire-Dix-Lakehurst community would like to congratulate the following service members who received awards during the U.S. Air Force Expeditionary Center Annual Awards Banquet:

Airman of the Year: Senior Airman Cedric Coleman-421st Combat Training Squadron
NCO of the Year: Tech. Sgt. Jesse Montez-421st Combat Training Squadron
Staff NCO of the Year: Senior Master Sgt. Shawnette Roper-U.S. Air Force Expeditionary Center
Company Grade Officer of the Year: Capt. Patrick Kucera-421st Combat Training Squadron
Cat II Civilian of the Year: Mike Peer, Mobility Operations School
Cat III Civilian of the Year: Scott Butcher, U.S. Air Force Expeditionary Center
First Sergeant of the Year: Master Sgt. Michelle Baker, U.S. Air Force Expeditionary Center
Total Force Enlisted Member of the Year: Tech. Sgt. Philip Ceppi, 422nd Joint Tactics Squadron
Total Force Officer of the Year: Maj. Susan Elderhorst, 422nd Joint Tactics Squadron
Reynolds A. Kuntzman Superior Duty Performance Award: Tech. Sgt. Tiffany Jones, Mobility Operations School, Det. 2
David E. Bass Leadership Award Winner: Senior Master Sgt. Lashanda Cleveland, Mobility Operations School
Visit <http://on.fb.me/XUm4XT> to view photos from the awards ceremony.

Calvary Baptist Church
Where Ministry Happens
5 Scrapetown Rd., Pemberton, NJ
609.894.8260
cbcpemberton.org
Sunday Worship Services
11 am - 6 pm
Wednesday Prayer, Youth & Teen Migs.



Col. Richard Williamson, 305th Air Mobility Wing commander, awards Staff Sgt. Mark Kositsky, 305th Aerial Port Squadron air transportation journeyman, the Bronze Star Medal Jan. 31, 2013, at the McGuire Passenger Terminal on Joint Base McGuire-Dix-Lakehurst, N.J. Kositsky received the award for his exceptional meritorious service in support of Operation Enduring Freedom and his outstanding dedication to duty during combat operations in Afghanistan. He was also awarded the Defense Intelligence Emblem of Honor from the Romanian Ministry of National Defense and the German Armed Forces Proficiency Badge, Bronze award during the ceremony. Kositsky hails from Jenkins township, Pa. (U.S. Air Force photo by Wayne Russell/Released)

VR-64 keeps C-130s aloft



Petty Officer 2nd Class Michael Gensch, Navy Fleet Logistics Support Squadron VR-64 aircrewman, and Petty Officer 2nd Class Kevin Sears, VR-64 aviation machinist, repair a fuel line on the auxiliary power unit of a C-130T while Petty Officer 3rd Class James Price, VR-64 structural mechanic, provides light Feb. 5, 2013, inside the VR-64 hangar at Joint Base McGuire-Dix-Lakehurst, N.J. The constant upkeep of the C-130s allows VR-64 to maintain its around-the-clock naval air mobility mission. (U.S. Navy courtesy photo/Released)

www.jointbasemdl.af.mil

apell@detrick.comcast.net

ERWIN D. APELL
ERWIN D. APELL
PAUL C. DETRICK
JEFFREY S. APELL

LAW OFFICES
APPELL & DETRICK
ATTORNEYS AT LAW

(Closest Office to Joint Base McGuire-Dix-Lakehurst)
Accident Cases • Divorce • Wills • Real Estate • Municipal Court • Bankruptcy
57 Juliettstown Road
Browns Mills
893-1000

Adoptions • Child Support & Custody • Collections • Corporations • Criminal Defense • Divorce • Driving • Estate Plans • Elder Law • Federal Administration • Foreclosure Cases • Health Permits • House Sales • Juvenile • Landlord/Tenant • Leases • Living Wills • Name Changes • New Businesses • Partnership • Personal Injury Claims • Prepaid Matrons • Planning Board Matters • Power of Attorney • Zoning Board

BROWNS MILLS DENTAL CENTER

"We Cater to Cowards!"
Now 2 Locations to Serve You!
Browns Mills Dental Center
55 Pemberton/Browns Mills Rd.
Browns Mills, NJ
Pleasant Valley Family Dentistry
301 Fellowship Rd.
Mt. Laurel, NJ
856-222-1100

We participate with
Military United Concordia
& Most Insurance Plans

24-Hour Emergency Service

• Laughing Gas • Caps • Cosmetic Bonding • Braces
• Root Canal • Dentures • Implants

We Accept All Major Credit Cards & Care Credit

Hours: Mon, Thurs, & Fri. 8:30am to 5pm; Tues, 8:30am to 5pm; Wed, 9am to 5pm; Every other Sat. 9am to 1pm

609-893-5200
ASAD S. SADIQ, D.M.D. AND ASSOCIATES Se habla Espanol

This month, we asked service members from around Joint Base McGuire-Dix-Lakehurst a question:

How will you celebrate Valentine's Day?



Navy Petty Officer 3rd Class Joseph Nelson, VR-64 aviation electrician technician, from Pearland, Texas.

"My wife and I will be having a romantic night at home. A classic couch date!"



Air Force Airman 1st Class Perresha Foster, 817th Global Mobility Squadron air transportation technician from Pensacola, Fla.

"I plan to celebrate Valentine's Day by making a day trip to New York City with my best friend of four years."



Coast Guard Lt. Annjea Cormier, U.S. Coast Guard Atlantic Strike Team chemical shop division officer, from Harbor Beach, Mich.

"I will be watching a romantic comedy with my husband and cooking our favorite dish, Grammy's fish!"



Navy Petty Officer 2nd Class Laum Leopold, VR-64 personnel specialist, from Groesbeck, Texas.

"I'm going to be starting my first two college classes and will be doing lots of studying."



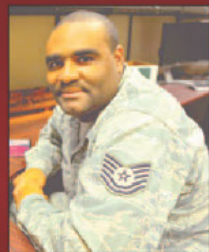
Coast Guard Petty Officer 1st Class Kenny Cook, U.S. Coast Guard Atlantic Strike Team response technician, from Rapid City, S.D.

"I'm going to dinner with my sweetheart and then a movie."



Marine 1st Sgt. Sam Spade, Golf Battery, 3rd Battalion, 14th Marines first sergeant, from Oceanside, Calif.

"I will spend Valentine's Day with my wife and son. We will reminisce about my marriage proposal since I proposed to her on Valentine's Day."



Air Force Tech. Sgt. Brent Sanders, 621st Contingency Response Wing knowledge operation manager, from Norfolk, Va.

"I will celebrate Valentine's Day by having a romantic evening at home with my wife since the restaurants will be so crowded that day."



Army Staff Sgt. Nathan Novelly, 2-313th Logistic Support Battalion senior mechanic from Pittsburgh, Pa.

"After working in the motor pool all day, I am going to get cleaned up and take my wife out to dinner."

My service in Vietnam still serves my family today.

Roger Staubach,
USAA member, veteran and former NFL quarterback

USAA insurance. Earned once. Cherished from generation to generation.

At USAA, we recognize and appreciate the sacrifices of all military families. That's why our auto, home and life insurance is designed to meet your specific needs. In fact, our commitment to serve military members, veterans who have honorably served and their families is so great, 95% of members plan to stay with USAA for life!

Begin your legacy. Get a quote.

usaa.com/insure | 800-531-3550



*Based on 2011 Member Communications Trend Survey. Use of the term "member" does not convey any legal, ownership or eligibility rights for property and casualty insurance products. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve or in the National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Purchase of a life insurance product does not establish eligibility for or membership in USAA property and casualty insurance companies. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Company, USAA County Mutual Insurance Company and USAA Texas Lloyd's Company, San Antonio, TX. Each company has sole financial responsibility for its own products. Life insurance provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. Each company has sole financial responsibility for its own products. © 2012 USAA. 140057-0912

Panetta, Dempsey list consequences of sequestration

By Jim Garamone
American Forces Press Service

Deep, across-the-board spending cuts scheduled to take effect March 1 will have real national security consequences, the Defense Department's top civilian and its senior military official said yesterday.

In a meeting with reporters, Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, addressed the looming crisis. The cuts — known as "sequestration" — will take place unless Congress acts to override the provision built into budget law that would mean cutting \$52 billion from the defense budget by Sept. 30.

"This is not something that should be done as a way to blame the other party for what happens," Panetta said. "This is going to hurt the United States and hurt our defense."

The mere threat of sequestration already is affecting operations. The Defense Department postponed the deployment of the aircraft carrier USS Harry S. Truman and cruiser USS Gettysburg because of budget considerations.

"This won't be the last adjustment we will make to our global presence," Dempsey said. "It is our first, because the deployment is imminent." With the action, the department is trying to preserve readiness as long as possible, he explained.

"We're trying to stretch our readiness out by keeping this particular carrier in homeport in our global response force, so if something happens elsewhere in the world, we can respond to it," the chairman said. "Had we deployed it and 'consumed' that readiness, we could have created a situation where downstream we wouldn't have a carrier present in certain parts of the world at all."

The USS Truman was to have deployed to the Persian Gulf — an area where the U.S. Navy has maintained two carrier battle groups. One carrier group will remain, "and we also have other options to augment our capabilities in the region," Dempsey said.

"But make no mistake about it," he added, "this is the first adjustment of what will be a series of adjustments across the services as we try to preserve our readiness for as long as possible."

Cancelling the deployment does change the equation in the Middle East, Dempsey told reporters.

"When you have carrier-based aircraft, you have complete autonomy and control over when you use them," he said. "When you use land-based aircraft, you often have to have host-nation permission to use them. So the increased risk is not in the number or type of capabilities — it's in how responsive they can be with the autonomy that we might desire."

"Would I prefer to have two carriers in the Gulf, given the tension with Iran? Sure I would," the general continued. "But this allows us to meet the requirements in the Gulf and manage the risk and preserve readiness."

Concerns about readiness span all services. Dempsey said the department will spend all it takes to ensure the forces deployed or getting ready to deploy will have all they need.

"It's actually the time after [the next deployment] where it really gets difficult," he said. "We don't want to get into the position where we have to extend deployments or deploy someone who is not ready to deploy. We're not anywhere near there, but the near-term actions we are taking are intended to preserve and stretch readiness as long as possible so we don't face that eventuality."

The changes being made

now also enable the department to reverse them if sequestration doesn't happen and the Defense Department gets a full appropriation, Panetta noted.

Dempsey said the military needs budget certainty, noting that the budget process has been laced with uncertainty for the past two years.

"We need time," he said. "Given 10 years to spread reductions, we can manage it. When you have to absorb ... \$52 billion [in spending cuts] over six months, that's not enough time — which is why you raid the accounts that are most vulnerable: the readiness accounts."

The budget process also needs

flexibility, Dempsey said.

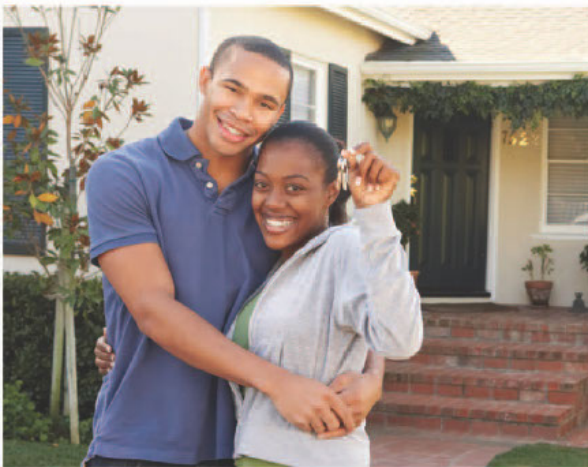
"We have to have the ability ... to reach into every part of the budget," he explained, "so no one part of the budget is overburdened or else the force gets out of balance."

Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, listens as Defense Secretary Leon E. Panetta answers a question during a media roundtable at the Pentagon, Feb. 6, 2013. (Department of Defense photo by U.S. Navy Petty Officer 1st Class Chad J. McNealey/Released)



DISCOVER THE COMFORT OF HOME

Let Navy Federal get you into your new home with low loan rates, 100% financing, personal guidance seven days a week, and servicing for the life of the loan. Contact us today to find out more about our exceptional mortgage solutions.



Time to quit smoking?
The Health and Wellness Center can put you on track.
Call 754-2462 for more information.

Law Offices of Lynda L. Hinkle, L.L.C.
Attorneys at Law



It's our honor to serve the men and women who serve our country.

Burlington County Office:
1 Eves Drive, Suite 169
Marlton, NJ 08053
(856) 983-0406

Family Law:
Military and Civilian
Divorce/Prenuptial Agreements,
Child Support,
Spousal Support, Custody,
Elder Law

Also offices in Camden and Gloucester County...
Call 856-227-7588 for a free, confidential consult in any office.

www.lyndahinkle.com

just minutes from you

Best BBQ Ribs

Eat In or Take Out

Charley's
OTHER BROTHER
Est. 1972

Military Discounts
Just 15 minutes from Joint Base MDL

- Lunch • Dinner
- Cocktails
- Banquet & Meeting Rooms

Download our newsletter \$100 in savings available! www.charleysotherbrother.com

1383 Meunorth Rd. (Rt. 537) at Smithville Rd., Eastampton Twp., NJ
609-261-1555
For directions, call or visit us online. www.charleysotherbrother.com

\$8.00 OFF DINNER
\$4.00 OFF LUNCH

No valid of any other promotion or the Call the Senior Sales Office. No cash or 2nd download. Maximum of 1 coupon per visit. Expires 3/31/13. (Outlets not included) ©CJ

NAVY FEDERAL
Credit Union

ARMY MARINE CORPS
NAVY AIR FORCE
DoD

Pine Grove Plaza Shopping Center
18-R Broadway Street
Browns Mills, NJ

APPLY TODAY!

navyfederal.org 1.888.842.6528

Federally insured by NCUA. Navy Federal is a member of Bank of America.





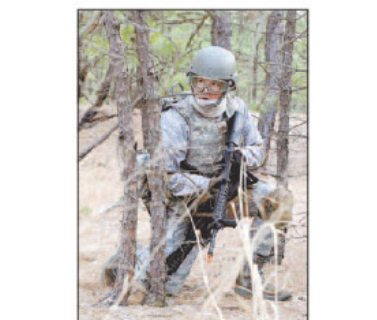
Air Advisor Academy students disembark their vehicles and head into shelter after being ambushed by an opposing force in a village Feb. 1, 2013, on the range at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. The Air Advisor Academy FTX is the culmination of all the expeditionary skills and language, region and cultural knowledge the 28 students have gained during their time at the academy. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



Jamaal Muhammad, Air Advisor Academy instructor, dressed as an opposing force member, fires an Airsoft rifle at students from a roof top Feb. 1, 2013, on the ranges at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. The use of Airsoft weapons allows the students and the opposing force to fire and return fire, adding to the effect and realism of the training. Muhammad is a Warminster, Pa., native. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



An Air Advisor Academy student looks around a corner for advancing enemy forces Feb. 1, 2013, on the ranges at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. The students used the urban environment to their advantage by using the buildings for cover against enemy attack. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



An Air Advisor Academy student covers his fellow wingmen as they make their way through the wooded area behind the village Feb. 1, 2013, on the ranges at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. The students tactically moved through the wooded area behind the village to their designated landing zone all the while receiving fire from advancing enemy personnel. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



Air Advisor Academy students enter a building for cover against enemy fire Feb. 1, 2013, on the ranges at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. The range facilities replicate an urban environment students may encounter downrange. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



An Air Advisor Academy student applies a combat dressing to a wingman's simulated wound Feb. 1, 2013, on the ranges at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their field training exercise. Mock casualties add stress and urgency to the scenario, while also giving students a chance to put their training to the test. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

CLASSIFIED

Air Advisor students fly, fight, win

Photos and story by Airman 1st Class
Ryan Throneberry
Joint Base McGuire-Dix-Lakehurst Public Affairs

Students with the Air Advisor Academy here took part in a field training exercise (FTX) Feb. 1, 2013, here.

The FTX is the culmination of all the expeditionary skills and language, region and cultural knowledge the 28 students have gained during their time at the academy.

"When they first come to the academy, they are unsure of themselves," said Col. J. Olaf Holm, Air Advisor Academy commandant. "During the month they are here, we try to recreate the conditions they will see downrange so they can build that confidence within themselves."

The students come from a variety of backgrounds from helicopter pilots to aviation mechanics, medical personnel to weathermen and everything in between. An air advisor is an Airman specially trained and educated to apply aviation expertise to assess, train, advise, assist and equip foreign personnel in developing and applying aviation resources to meet the host nation's needs in support of U.S. interests.

The exercise takes place in a mock Afghanistan landscape in Kandahar province. The scenario involves air advisors meeting an Afghan Air Force colonel to introduce themselves as the new air advisors in the area.

The students must brief the fieldcraft instructors their plan for the event prior to going out to the range, the meeting location. The facilities at the range replicate an urban environment students may encounter.

The meeting lasted two hours before the students loaded into their vehicles, and prepared to head back to the academy. The drivers received a call that their planned route was no longer an option which diverted them straight through a village.

The village is where trainers dressed as an opposing force engaged the students, forcing them to disembark, re-

"A big difference between this FTX iteration and others is the use of our new Airsoft guns instead of inert blue weapons," said Holmes. "It allows the students and the opposing force to fire and return fire, adding to the effect and realism of the training."

Armed with their Airsoft weapons, the students returned fire but also incurred casualties, forcing wingmen to combat dress and care for the wounded; adding additional stress to a high-speed environment.

"It's amazing to see these students take all the lessons learned during the course and apply them here," said Holm. "Amidst all the chaos and triage going on, the students reacted appropriately and did what they needed to accomplish."

The students tactically moved through the wooded area behind the village to their designated landing zone all the while receiving fire from advancing enemy personnel. Once all 28 students had made it to the LZ, a cease fire was called, allowing the students to recollect for the debriefing.

"This training scenario teaches us the basic warrior skills we all need to know," said Tech. Sgt. Bryan Sammons, 438th Air Expeditionary Advisor Group security forces advisor. "I feel like it was a good assessment of our skills we've learned during our time at the academy."

"My advice to future air advisor students is to keep an open mind and really absorb everything you learn here," said Sammons. "Being in security forces, I am familiar with expeditionary training like this but I still learned a great deal. That knowledge will stay with me throughout my future deployment."

<p>Employment</p> <p>jobsearch Greater Philadelphia Newspapers phillytribunejobsearch.com</p> <p>Education</p>	<p>Employment</p> <p>jobsearch Greater Philadelphia Newspapers phillytribunejobsearch.com</p> <p>Education</p>	<p>MilitaryRealEstateGirl.com</p> 	<p>Merchandise</p> <p>Articles For Sale</p>
<p>Troops to Teachers READY TO TEACH AGAIN</p> <p>The Troops to Teachers Program (TTT) can assist with your pursuit to become a public school teacher. Certification, job placement and financial assistance may be available if you meet the program requirements.</p> <p>Please visit one of the below TTT information sources to learn more about the program and how you can become a teacher in the state of your choice!</p> <p>Feb 14, Educators' Career 3829 Schuylkill Ave, Folsom St North McGuire AFB, 19060 a.m. - Lakeland Bases (near Stanfield roundabout) McGuire AFB, 19060 a.m.</p> <p>To register and to learn more, please contact us at: tttn@doe.state.pa.us</p>	<p>Interested in Teaching?</p> <p>CINNAMINSON TOWNSHIP \$1550/mo FABULOUS RENTAL 2BR, 2.5BA Condo rental LA, DR, Kit & 1 car gar. Open for pin w/balcony, tennis, basketball & Future pool. Easy commute to Joint Base MDL, Philadelphia or Trenton.</p> <p>ERA Central Realty Group 609.298.4800 ERACentral.com</p>	<p>PEGGY ULMER Realtor® Associate <i>As a Wife, I Know the Cell</i> 609.752.4377 cell pulmer@ERACentral.com</p>	<p>LEATHER BED: Queen \$100 • King \$250 Pulver Top MATTE \$25 • \$400 Queen \$175 • King \$275 CALIFORNIA COME 20-25-0000</p>
<p>Special Services</p> <p>Tree Removal</p> <p>Real Estate</p> <p>Lots & Acreage</p> <p>JENKINS 1 acre build lot for sale with well & septic. \$90,000. Call: 610-507-4101</p> <p>Real Estate Rentals</p> <p>Condos For Rent</p>	<p>Real Estate Rentals</p> <p>Condos For Rent</p> <p>MT. LAUREL, Immediate 1 BR, 2 BA, brick complex is renovated in the BRIDGES neighborhood. Great location. Rent = \$675/mo. Call: 609-556-3347</p> <p>WESTINGTON 2 B, 2 BA, LR, DR. No smoking. 1020 sq. ft., great location. 900-855-7340</p> <p>Apts. For Rent</p> <p>BOWEN MILLS Emergency Apt. \$550/mo 1 Bedroom - \$750/mo</p> <p>ALL UTILITIES INCLUDED Call: 609-556-3347</p> <p>COOKSTOWN Hartshorn Rd. 2 Bdr Rent 1 BR = \$915/month. 702-268-0000</p> <p>Johannes, 1BR, Luxury, 620 BR w/whirlpool (cable), View, A/C, 9 miles to 2600 military destination (B&O). 900-855-7340</p> <p>Rooms For Rent</p> <p>Tobacco Run Call: 609-556-3347 Call: 609-556-3347 Call: 609-556-3347</p> <p>Homes For Rent</p> <p>Bowen Mills Call: 609-556-3347 Call: 609-556-3347 Call: 609-556-3347</p>	<p>Real Estate Rentals</p> <p>Homes For Rent</p> <p>BOWEN MILLS Rent to Own - 2 Bdr, 2 BA, 1000 sq. ft. \$1,200/mo. Call: 609-556-3347</p> <p>Burlington City Call: 609-556-3347</p> <p>BURLINGTON CITY 1 Bdr, 1 BA, 1000 sq. ft. \$1,200/mo. Call: 609-556-3347</p> <p>DELAN, AASH STREET 3BR, 1.5BA, brick house Call: 609-556-3347</p> <p>Merchandise</p> <p>Articles For Sale</p>	<p>Transportation</p> <p>Autos Wanted</p> <p>WE BUY YOUR CARS, Trucks, Buses & FORTNITE Up to \$500 + Free Tow-866-7222</p> <p>NEED ANOTHER VEHICLE? CHECK OUT CLASSIFIED'S LOT OF NEW AND USED CARS.</p>

NEWSNOTES

Freedom and Equality Black History Luncheon
The Cultural Diversity Team is set to host the Freedom and Equality Black History Luncheon from 11:30 a.m. to 1 p.m., Feb. 12, 2013, at the Flight Deck on Lakehurst. The cost is \$5.00 and pre-registration is required. Call (516) 605-4970, (804) 564-6651 or (210) 316-1999 to register or for more information.

PAX Terminal Grand Opening and Ribbon Cutting
The 305th Aerial Port Squadron is set to host a grand opening and ribbon cutting ceremony of the newly renovated Family Lounge and Teen Room at 1 p.m., Feb. 12, 2013, at the McGuire Passenger Terminal located at 1706 Vandenberg Ave. Call 754-8836 for more information.

Diabetes Nutrition Class
The Health and Wellness Center is set to host a Diabetes Nutrition class from 9 to 11 a.m., Feb. 12. The program is available to all active-duty, dependents and retired personnel who have been clinically diagnosed with diabetes or pre-diabetes. The class will focus on how to better manage diabetes and blood sugar through carbohydrate counting. Call 754-2462 for more information.

Be Well Class
The Health and Wellness Center is set to host a Be Well class from 8:30 to 11:30 a.m., Feb. 13, 20 and 27, 2013. This training is for Air Force active-duty and Reserve personnel, and is required for those personnel who scored Unsatisfactory on their physical fitness test. This course covers topics on behavior change, motivation, nutrition, and exercise. Call 754-2462 for more information.

Lunch and Learn at Lakehurst
The Lakehurst Federal Credit Union is set to host "Lunch & Learn-Financial Fitness: The ins and outs of financial readiness," 11:30 a.m. to 12:30 p.m., Feb. 13, 2013, in the Military and Family Support Center-Lakehurst at 488 Walsh Road. Bring a bag lunch. Pre-registration is required. Call 732-323-1248 for more information.

Introductory Pottery Class

The 87th Force Support Squadron is set to host a six-week introductory pottery class, Wednesdays from 6 to 8:30 p.m. starting Jan. 9 through Feb. 13, 2013, at 6039 Philadelphia St. The class will focus on wheel throwing techniques as well as hand-building skills. The cost is \$75. Call 562-4285 for more information.

EFMP Winter Bowling and Pizza Party

Exceptional Family Member Program is set to host a Winter Bowling and Pizza Party from 3 to 5 p.m., Feb. 15, 2013, in the Bowling Center located at 6054 Doughboy Loop. Pizza and soda will be served. Pre-registration is required. Call 754-3154 for more information.

African American Veterans Briefing

The Joint Base Special Observance Committee is set to host an African American Veterans Briefing from 9 a.m. to noon Feb. 15, and noon to 3 p.m., Feb. 19, 2013, at the Base Exchange. Call (609) 882-5744 for more information.

Presidents Day Meal

The 87th Force Support Squadron is set to host a Presidents Day Meal from 11 a.m. to 1 p.m., Feb. 18, 2013, at the Halverson Hall Dining Facility. The holiday meal is open to all active duty, guard, reserves, retirees and family members. Call 754-3252 for more information.

Spiritual Perspective on Sexual Assault

Joint Base Chaplains will host the Spiritual Perspective on Sexual Assault presentation "Keeping Safe: Protecting our Community from Sexual Assault," by Diane Langberg, Ph.D., clinical psychologist, 6:30 p.m., Feb. 20. Call 754-4673 for more information.

Prevention of Bullying in Schools Workshop

The Dix Youth Center is set to host a Preventing Bullying Workshop from 3 to 4 p.m. for teen topics and 4 to 5 p.m. for parent topics, Feb. 20, 2013, at 1279 Locust St. The theme of the class is "Take a Stand, Lend a Hand, Pass it on!" Call 754-3878 for more information.

Contraction Corner

By 87th Civil Engineer Squadron

McGuire Power Plant Demolition Project
Demolition of the McGuire power plant and associated facilities will continue through June 2013. Additional truck and construction vehicle traffic can be expected in the area.

Road closures

Repairs and paving to existing Naval Air Systems Command access roadway will continue to enhance rideability and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as this work progresses.

Replacement of the sanitary sewer main that runs under Brody Run, on the West side of the intersection with Texas Avenue, is scheduled for replacement Feb. 19 and 20, 2013. The turn lane from Texas Avenue South onto Brody Road East-bound will be closed. Construction activity in the intersection may impact traffic flow during work hours.

TV inspections and survey of the sanitary sewer system will continue through Mar. 3, 2013, in the 2100, 3100 through 3600 areas. Minimal disruption to traffic and access to the roads is anticipated.

Removal and replacement of manhole tops, frames and

covers is scheduled from Feb. 4 through 15, 2013, on Lexington Avenue, between Silver Lane and Gettysburg Avenue. Some obstruction to traffic along Lexington Avenue is anticipated.

Traffic on Broome, Hancock and McCord roads on Lakehurst will be reduced to one-way traffic during paving operations spring 2013. Roads may be closed due to low traffic volume and availability of detour routes.

Indoor pool

Relocation of power poles and replacement of a sanitary sewer main, located on the North side of the indoor pool, is scheduled for Feb. 12 and 22, 2013. Power to the indoor pool will be off for as many as two days with some impacts on access to the indoor pool due to construction traffic during the noted period.

Tentative Electrical Shutdown

Installation of a new primary switch to bring redundancy service into the area is scheduled Feb. 17/20 p.m. through 18, 2013, 4:30 a.m. for the 2600 area on McGuire Boulevard. Power will be disconnected the following facilities: Bldg. 2603, 2610, 2619, 2620, 2621, 2622, 2623, 2624 and 2635.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3827 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 204 Hope Chapel Road, Lakehurst NJ 08527

Worship Hours

Catholic
Tuesday through Thursday – 11:35 a.m. McGuire Chapel
Saturday – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Soldier's Chapel

Protestant

Sunday – 8:45 a.m. Traditional – Soldier's Chapel
Sunday – 9:45 a.m. Contemporary – North Chapel
Sunday – 11 a.m. Liturgical – Cathedral of the Air
Sunday – 11:30 a.m. Gospel – McGuire Chapel

Army Support Activity

Sunday – 7:30 a.m. LDS – Dix Chapel
Sunday – 7:30 a.m. Catholic – Dix Chapel
Sunday – 7:30 a.m. Protestant – Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m., call 609-754-HOPE (4673).

For assistance after duty hours call the command post at 609-754-3935 or 3936.

Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

SQUARE D'S CRIBBLES



Emancipation Proclamation Black History March

The Joint Base Special Observance Committee is set to host the "Emancipation Proclamation Black History March," noon to 3 p.m., beginning and ending at the McGuire Chapel Feb. 21, 2013. The march is just less than a mile long and ends with a speech by Tuskegee Airman George Watson. Call Staff Sgt. Laril Baillie at 754-4623 for more information.

Community College of the Air Force

The Community College of the Air Force Spring 2013 graduation cut off is set for Feb. 22, 2013. CCAF must receive the transcripts on or before the cut off date to be nominated for April 2013 graduating class. CCAF is now accepting electronic transcripts from three electronic transcript delivery vendors – eSCRIP-SAFE, Parchment/DocuSign and AVO Systems, Inc. Applicants will need to request their school to send an official copy of their transcript to: CCAF/DFRS 100 S. Turner Blvd. Gunter Annex-Maxwell AFB, AL 36114. Questions on how to request an electronic transcript should be addressed to your schools' registrar, not CCAF. Note: Normal transcripts processing is 30 days upon CCAF receipt of your transcripts. CCAF Progress report can be monitored on the Air Force Virtual Education Center web site www.myaf.mil.

Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 5:30 to 6:30 p.m., Feb. 22, at 3811 South Bolling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

Military Saves Week

The Military and Family Support Center is set to host Military Saves Week Feb. 25 through March 2, 2013. This year's theme is "Set a Goal. Make a Plan. Save Automatically." Service members and their families, DOD civilians, contractors, retirees and veterans are encouraged to "Take the Savers Pledge," or repledge. Visit www.militarysaves.org/take-the-pledge to take the first step in the commitment to "Build Wealth, Not Debt."

Your Money - Take Charge

The Military and Family Support Center is set to host the "Your Money - Take Charge," workshop 10 a.m. to 11:30 a.m., Feb. 28, 2013, at 3435 Brody Road. The event will include Part I: Net worth; Setting goals; Tracking methods; Creating a plan; Saving; and Part II: Get Your report; What's on it? Your credit score; Correcting errors; Avoiding pitfalls. Pre-registration is required. Call 754-3154 for more information.

JB MDL Thrift Shops

McGuire

The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month.

The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Brody Road. Call 754-2368 for more information.

Dix

The Dix Thrift Shop hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3 to 7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email fordixthrift@gmail.com for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

NCO

Continued from Page 1

the board was facing multiple top-notch officers NCOs and being able to quickly and correctly respond to the questions fired at him.

Preparing for the Sergeant Audie Murphy board – no easy task – requires a lot of after-hours attention from each candidate, said Staff Sgt. Michael Benvenuto.

"I've had three other practice boards in preparation for this one," said Benvenuto, a trainer mentor with 2-315th Field Artillery, 72nd Field Artillery Brigade trainer mentor, and native of Riverside, Calif., native. "I've had study groups, stuck my head in the manual and talked to peers and supervisors to get ready."

He added the biggest challenge for him would be the ability to clarify and convey his answers in a manner in which the board could understand.

"The first (preparation) board I participated in, I stood before the board members for two hours, drenched in sweat and beyond nervous. Today, I feel prepared," said Benvenuto.

Benvenuto was the last candidate to go in front of the board. "It's an honor in itself to get selected to go to the board," said Benvenuto. "I'm beyond excited. Making it, and becoming a Sergeant Audie Murphy Club member, will be like the cake and ice cream."

Benvenuto was selected by a current SAMC member to compete at the board just as the rest of the Soldiers.

"The candidates today showed a different level of commitment," said Defreese. "Our goal was to select NCO's worthy of induction into the Sergeant Audie Murphy Club, and maintain the integrity of the selection process."

Defreese added he believes the reasons for wanting to become a member should be about what the club does, and what it means to be part of it.

"My goal is to be inducted," said Huff. "It's important to me and should be to all other NCOs. I feel that I can be a great asset to the club and help motivate others to push themselves to the best of their abilities also."

In addition, Huff said that this is the best benchmark for non-commissioned officers NCOs, adding if a Soldier is confident, he or she can do anything.

The trainer mentors inducted into the SAMC at First Army Division East rely on their knowledge and experience to assist in the overall mission of mobilizing, training, validating and deploying reserve-component Soldiers around the globe and demobilizing them upon their return home. The skill-sets and knowledge of the NCOs, which competed at the SAMC, set them apart from their peers.

Out of the seven Soldiers who competed, five will be inducted, including Huff and Benvenuto.

Joint Base Theater Movie Schedule



Saturday:
Playing for Keeps
(PG-13) 7 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? E-Mail the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Classic French Toast

One of the most popular breakfast staples, this dish is quick and easy for any morning. Serves four.

Ingredients:

- 1/4 cup flour
- 1 cup whole milk
- 1 pinch salt
- 3 large eggs
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 tablespoon sugar
- 12 thick slices french bread

Instructions:

1. In a bowl, place in the flour, and gradually whisk in milk. Add in salt, three eggs, cinnamon, vanilla and white sugar, whisking after each addition until there are no lumps.
2. Over medium, heat up pan.
3. Soak each slice in mixture until moistened, then cook in pan until golden on both sides. Serve warm with syrup or favored topping.

Recipes found at freerecipes.org



AFAF

Continued from Page 1

shared how the AFAF helped him through a financial crisis.

Flower and his ex-wife divorced in January 2006, leaving him to provide for himself and his two daughters.

"I was too proud and scared to ask for help," said Flower. "I went to the Family Support Center after using all my leave and they set me up with three months' worth of child care grants from the AFAF. I have since paid back those grants, although I was

not obligated."

Flower's story is just one of many stories regarding AFAF supporting the Air Force community.

"I advise all young Airmen and supervisors to not be too timid to ask for help in times of need," said Flower. "I regret not asking for help sooner."

The joint base community donated just more than \$95,000 last year. This year's goal is \$96,100.

Individuals interested in donating should contact their unit's first sergeants for information on their AFAF representative.

Change

Continued from Page 1

then go for my bachelors in homeland security."

The shift change is part of a larger initiative called "Defender's Edge," which is intended to improve Airmen's

mental resiliency to combat-related stress.

"Defender's Edge," requires 20 hours of resiliency training and in addition to instituting combatives," said Novak. The program focuses more on the warrior's mindset. In conjunction with the shift change, allows for additional training."

Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's the playground on Dix. The joint base is a safe and fun spot for children to enjoy themselves.

Joint Base Intramural Sports Standings

2012-13 Lakehurst Intramural Basketball

Team	Win	Loss	GB
MAC ATTACK	8	1	0.0
CNATT-Medical	7	3	1.5
STOOPID GOOD	8	1	0.0
PDG	3	6	5.0
The Untouchables	1	9	7.5
The Destroyers	1	8	7.0

2013 Intramural Basketball JB McGuire-Dix

Team	Win	Loss	GB
NWS Earle	9	0	0.0
87th SFS	7	0	1.0
Wildcats	8	2	1.5
NCOA	6	1	2.0
87th CES	6	2	2.5
306th OSS	5	2	3.0
306th APS - A	5	3	3.5
606th AMXS	4	3	4.0
87th PSS / 87th CS	5	4	4.0
621st CRW - A	1	3	5.5
3-314th FA	3	5	5.5
77th BDE	0	2	5.5
BCI - Heat	0	2	5.5
621st CRW - B	0	3	6.0
306th AMXS	3	6	6.0
87th LRS	2	5	6.0
244 AVN BDE	2	6	6.5
MAG-49	2	6	6.5
306th MDS	1	6	7.0
6th AS-Bully Beef	0	8	8.5

Game schedule

Week 6			
Feb. 11	MFC 5:30 p.m.	87th CES vs. 6th AS-Bully Beef	
	GPH 6:30 p.m.	306th APS - A vs. 306th OSS	
	MFC 6:30 p.m.	306th MDS vs. 3-314th FA	
	GPH 7:30 p.m.	MAG-49 vs. 606th AMXS	
	MFC 7:30 p.m.	87th LRS vs. Wildcats	

Feb. 12	GPH 5:30 p.m.	87th LRS vs. 244 AVN BDE
	MFC 6:30 p.m.	NCOA vs. NWS Earle
	GPH 6:30 p.m.	6th AS-Bully Beef vs. 606th AMXS
	MFC 6:30 p.m.	3-314th FA vs. 306th APS - A
	GPH 7:30 p.m.	87th SFS vs. 306th OSS

MFC 7:30 p.m. 87th CES vs. MAG-49

Feb. 14	GPH 5:30 p.m.	244 AVN BDE vs. NCOA
	MFC 5:30 p.m.	MAG-49 vs. 306th AMXS
	GPH 6:30 p.m.	306th MDS vs. 87th SFS
	MFC 6:30 p.m.	87th LRS vs. 87th CES
	GPH 7:30 p.m.	3-314th FA vs. 306th OSS
	MFC 7:30 p.m.	306th APS - A vs. 87th PSS / 87th CS

GPH = Griffith Field House

MFC = McGuire Fitness Center

2013 Over 30 Basketball McGuire-Dix

Team	Win	Loss	GB
NCOA-2	3	0	0.0
306th OSS	2	1	1.0
87th SFS	2	1	1.0
87th PSS	2	2	1.5
Wildcats	2	2	1.5
306th MDS	0	1	2.0
174th INF BDE	0	2	2.5
87th CES	0	3	3.0
621st CRW	0	3	3.0

GB=Games Back

Game schedule

Week 6			
Feb. 13	MFC 5:30 p.m.	621st CRW vs. 87th CES	
	MFC 6:30 p.m.	NCOA-2 vs. Wildcats	
	MFC 7:30 p.m.	87th PSS vs. 306th OSS	

2012-13 Intramural Racquetball

Joint Base McGuire-Dix-Lakehurst

Team	Win	Loss	PCT
306th MDS - A	9	0	1.000
306th OSS	6	2	0.750
87th MDG	6	3	0.667
621st CRW	2	2	0.500
VR-64	3	5	0.375

87 CONS	2	5	0.286
Lakehurst-Gunners	1	5	0.167
306th MDS - B	1	8	0.111

PCT = Winning percentage

Game schedule

Week 11

Feb. 12	3 p.m.	VR-64 vs. 306th MDS - B
	5 p.m.	87th MDG vs. 306th OSS

Feb. 14	3 p.m.	VR-64 vs. 306th MDS - B
	4 p.m.	306th OSS vs. 306th MDS - A

All games played at McGuire Racquetball Court

Current as of Jan. 29.

Please join us for the Joint Base McGuire-Dix-Lakehurst 2013 National Prayer Breakfast

"Our Legacy Of Religious Freedom"

Maj. Gen. Howard D. Stendahl
Air Force Chief of Chaplains

Date/Time: March 8, 2013, 8 a.m.

Location: Tommy B's Community Activity Center

Ticket cost: \$5

Tickets are available from unit first sergeants
and the McGuire or Dix chapels

Please contact the McGuire Chapel for further information:

(609) 754-HOPE



Time to quit smoking?

The Health and Wellness Center can put you on track.
Call 754-2492 for more information.